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INFORMATION FOR THE PRESS

United States Department of Agriculture

● RELEASE FOR PUBLICATION
DECEMBER 1, 1957 (WEDNESDAY)

WASHINGTON, D. C.

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

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SANE WEIGHT CONTROL
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During the past several decades the American public has become definitely weight-conscious. Books, articles in newspapers and magazines, and radio talks have approached the problem from all possible angles. Numerous diet fads have sprung up in connection with weight control.

All sorts of persons have set themselves up as authorities advising different regimes of dieting to reduce or to gain weight. Most of the very strenuous programs outlined by them are supposed to give miraculous results with a minimum of self-sacrifice.

With all the information and misinformation circulating about it is well occasionally to check up on some of the facts concerning diet and weight. And there are some truths that physicians and nutrition experts have been telling us about for years.

Nearly everyone considers excessive overweight or underweight undesirable from the standpoint of personal appearance. But physicians recognize obesity as dangerous from the standpoint of health. And they know that underweight may be a sign of inadequate nutrition.

Insurance companies have compiled some figures showing the average weights for persons of different heights at different ages. And they have worked out a system of using these statistics. For instance, they say you may vary considerably

from the average weight for your height--as much as five percent--and still be considered normal.

If you are a person with large bones you'll naturally weigh more than someone else of your height with smaller bones. Below the age of 35 it is desirable to be a bit above average weight the insurance companies have figured. Above 35, it is safer to be below average by a few pounds.

The disadvantages of overweight increase with age. A weight ten to fifteen percent above average at the age of 45 is worth seeing a physician about. And a person fifteen to twenty percent underweight at any age may not be getting an adequate diet. Lacking an adequate diet, the body tends to be more susceptible to disease.

If you consider that you are under or overweight see your physician. Each person's weight is an individual problem and any variation from normal may be caused by a number of different things.

For example, overweight may be the first symptom of some disease or it may be a plain case of immoderate eating or not enough exercise. In the first case, your physician can help you from the beginning. And in case of eating and exercise he can advise for you a health routine and a safe and sane program of weight control.

If your physician does tell you to change your diet, he'll probably recommend a nutrition expert who can help you. She can tell you what foods to include if you are lacking specific food elements in your diet. Or she can tell you what foods help you gain weight and which ones to omit if you want to lose weight.

And most important of all, she can tell you what foods you must absolutely have in your diet to maintain health. We have such a wide selection of foods available on markets today that she can do all this and have your diet palatable and enjoyable as well.

Nutritionists of the Bureau of Home Economics point out that any diet should contain adequate protein, minerals, vitamins, and water to maintain health. In addition, it must provide enough energy materials for the day's activity.

The easiest way to make sure of a well-balanced diet is to eat a variety of foods. Whether you are reducing or gaining it is important that your diet include protective foods--milk, green vegetables, eggs, and fruit. After you make sure that your diet contains these essentials you may vary it so that you can gain or lose weight.

A moderately active woman, for instance, whose energy needs might be 2300 to 2400 calories a day could safely reduce her weight gradually on a well-planned diet furnishing from 1400 to 1800 calories a day. Or she might gain on a diet containing 3000 to 4000 calories a day.

If you want to lose weight cut down on foods that supply a lot of energy, sweets, fats, and starches. Omit candy, jams, marmalades and other sweet spreads. Eat fruit for dessert instead of rich cake, cookies, pastries, or other sweet concoctions. Reduce your cream and butter to a minimum. These, however, are a valuable source of vitamin A so don't cut them out altogether.

Get your milk in the form of skim milk if you wish. This contains most of the valuable food elements in milk. Eat lean meats instead of those with fat. Avoid hot breads because they tempt you to use a lots of butter. Eat your cereal with milk, and thin slices of bread with a minimum of butter.

Remember that you can add a lot of calories to a food by preparing it with sugar, starch, or butter. A low-calorie vegetable becomes a high-calorie dish when served with rich white or hollandaise sauce. And a plain baked apple can become chuckful of calories if you doctor it up with sugar, raisins, and nuts.

You may find that you can get a satisfactory feeling of having your "fill" by eating bulky vegetables. Be careful not to overdo this however, since in some cases too much roughage irritates the digestive tract.

If you want to gain weight, turn the above "don't's" into "do's". Eat foods that supply a lot of energy--high-calorie foods. Then when your body doesn't use this energy the excess will be changed into body fat. Add much butter to bread and cream to your cereal. Eat both fat and lean meats. Enjoy rich gravies and desserts. Eat salad dressing often. And occasionally eat candy and nuts at the end of the meal.

In place of coffee or tea at meals, substitute milk. And drink milk sometimes in place of water or in mid-afternoon milkshakes with egg or fruit juices added. If you can do it, add a little extra cream to your milk.

Either in reducing or gaining the best way is the slower way. If you try to increase your food consumption all at once you may overtax your digestive system. And if you lose too rapidly you may well question your reducing technique.

There are numerous preparations on the market that are guaranteed to reduce your weight safely without making it necessary for you to change your habits of exercise or of eating. In their advertising these blurb writers promise results for all kinds of overweight.

According to the Federal Food and Drug Administration there is no preparation which is a safe and effective treatment for all types of overweight. They put these preparations into four general classes.

First, there are those that act as cathartics. These are not only ineffective in really reducing but they often cause digestive disturbances. They prevent proper assimilation of food and reduce weight by removing water from the system. The weight is quickly regained by drinking fluids to replace those lost. Some of these cathartics also contain harmful drugs.

There are other preparations that contain harmful drugs. These drugs stimulate body processes and cause a loss of energy. Some of them may cause blindness, destroy health, or cause death.

There are other preparations that are rubbed into the skin or used in the bath water. These are ineffective.

The least harmful type is the so-called dietary reducing food—usually an ordinary food sold at a fancy price. These may be totally ineffective since the articles themselves contain nothing that has a specific effect on reducing. They merely act as expensive substitutes for ordinary foods that may be more fattening. Most persons using them expect some magic from them and don't understand that their reducing power depends entirely upon the dietary regime they recommend in connection with it.

There is still no royal road to reducing. The sane way in most cases is the hard way of diet and exercise. Whether you want to gain or lose get a physician's advice. And the diet he recommends to you will include the basic protective foods needed in any well-balanced diet.

These protective foods include the vegetables, especially the green and yellow varieties; fruits of all kinds, particularly citrus fruits for their vitamin C content; milk; and eggs.

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION
DECEMBER 8, 1937

WASHINGTON, D.C.

THE MARKET BASKET

By

Bureau of Home Economics, U. S. Department of Agriculture

FRUIT CAKES -- LIGHT OR DARK

Now that counting the days before Christmas has become a national pastime many a foresighted woman is gathering her materials and retiring behind closed kitchen doors. There she prepares, combines, and bakes.

Finally, after hours of work, she emerges with nothing--apparently. But hidden away in some dark spot is a freshly-baked fruit cake. There it will stay for awhile "getting used to itself". When the holidays arrive it will be as much in evidence as stick candy and holly wreaths.

Fruit cake, however, usually outlasts the Christmas season. It keeps well and is so rich that a small portion satisfies. And since its preparation requires much time most women make a large quantity while they are about it. Some of it is gaily wrapped and given away to friends.

All fruit cakes are mixtures of fruit and nuts bound together with a thick batter. But of this master pattern there are hundreds of variations. Some cakes are light in color; some are dark. Some are rich. Some have a large percentage of batter; others have only enough to act as a binder for the fruit and nuts.

In your own cake you'll want to include your favorite fruits, spices, and nuts in such proportions that they blend well with each other. If any flavor stands out above the others you lose the true fruit cake flavor.

Your cake will be dark or light according to the ingredients. Molasses and spices darken a mixture. In a light fruit cake there will be the blanched nuts, Sultana raisins, light fruits, egg whites, and no spices. Sometimes bright red candied cherries are added for color contrast.

Remember when selecting the ingredients for your cake that you're going to have them on hand for awhile and you don't want them to stale or develop any "off" flavors. See that the nuts and spices are fresh, the fat well-flavored, and the fruit of good quality.

The fruit, of course, is the important part of the cake. It will be partly in the form of candied orange, lemon, or grapefruit peel, or citron, or watermelon preserves. Part of it will be the conserved or dried fruits such as raisins, figs, currants, dates, dried apricots, candied pineapple. Angelica, candied cherries, or candied cranberries are included for their green and red color.

Some of the nuts called for most frequently in fruit cake recipes are blanched almonds, English walnuts, hickory nuts, filberts, pecans, and Brazil nuts. Probably there are other nuts native to your particular section of the country that you want to include also.

Fruit jelly, cider, grape or orange juice add more of the flavor of fruit to your cake. Molasses and sour cream are other suitable liquids. There is a great variety of spices to choose from. Use these sparingly so that you get the spiciness without covering up the fruit flavor.

The success of your cake depends chiefly on two things--how well you prepare your ingredients and the way you bake it. The actual mixing of the cake doesn't take a lot of time. But proper preparation of the fruit is a tedious job you can't afford to slight.

See that the fruit and nuts are absolutely free from any foreign matter. Cull out the little stem ends of raisins and stray shells of nuts. You'll serve the cake in such small pieces that any of these imperfections would be most obvious.

Chop the nuts. Cut the larger fruit into small uniform pieces. The small candied cherries or cranberries may be left whole. As nearly as possible have all the pieces uniformly small. This will make the cake easier to cut into thin slices. And in even a small piece of cake you'll get a sampling of all the different fruit and nuts.

Mix a little of the flour with the nuts and the fruit to separate and coat the pieces. See that the flour is well-mixed so that it will not gather in the wrinkles of raisins or currants and remain there throughout mixing and baking.

In mixing, observe the ordinary rules for cakes. If you are using molasses or sour milk include the soda with the dry ingredients. Sift the spices with the flour several times to blend them. Your problem in mixing is to get a complete blending of all the different ingredients.

Pour the mixture into a pan lined with greased paper. This will be a heavy mass that will require a long time for heat to penetrate. And the high percentage of fruit and sugar make it easy to scorch. For these reasons, cook the cake at a low temperature.

A pan with a tube through the center helps in baking the cake because it gets the heat to the center of the thick mass of batter, nuts, and fruit.

There are two general ways to cook a fruit cake--baking in an oven for the whole time and a combination of baking and steaming. If you steam your cake you'll need to put it in ^{to} a slow oven afterwards to dry it. A steamed cake is somewhat more moist than one baked in an oven for the full cooking time.

Let the cake get entirely cold before you store it. Then wrap it in waxed paper, and store in a tin box. Look at your cake from time to time to see that it is not drying out or molding. Some persons find that putting an apple with a cut surface exposed in the box with the wrapped cake helps to keep it fresh. Naturally you must watch the apple to see that there is always a freshly cut surface and put in a fresh one occasionally. If mold develops scrape off the moldy portion and wipe the surface of the cake thoroughly with alcohol or brandy. Discard the waxed paper and use a fresh cover.

Fruit cake is good to eat at any time, but its flavor improves with age. Cut it with a sharp knife and serve it in small pieces. If it dries out too much it may be steamed as plum pudding and served with a moist sauce.

Following is a recipe for a rich, spicy, dark fruit cake. It is made on the basis of a pound cake with fruit added.

Pound Fruit Cake

1 pound citron	4 teaspoons baking powder
2 pounds seeded raisins	6 teaspoons cinnamon
1 pound shelled, blanched almonds	4 teaspoons cloves
1 pound currants	$4\frac{1}{2}$ teaspoons mace
1 pound flour	$3\frac{1}{2}$ teaspoons nutmeg
1 pound butter	$3\frac{1}{2}$ teaspoons allspice
1 pound sugar	2 teaspoons salt
9 eggs	1 cup grape juice or cider

Prepare the fruit first. Chop the citron. Cut up the raisins and the nuts. Pick over the currants. Add enough flour to separate the fruit and the nuts. Sift together the remainder of the flour, the baking powder, the spices and salt. Cream the butter and sugar. Add the well-beaten yolks of eggs, the dry ingredients and the liquid alternately. Then fold in the well-beaten whites of the eggs. Pour into greased tube pans lined with greased paper. Bake carefully in a very slow oven (250 degrees to 275 degrees F.) until cooked through. Or steam for four or five hours and then put in a very slow oven for about one

hour to dry off. This quantity will make about eight pounds of fruit cake and should be baked in two or more cakes.

If you prefer a fairer fruit cake try the following:

White Fruit Cake

1/2 cup butter	1 cup chopped blanched almonds
1 cup sugar	1 cup Sultana raisins
1/2 cup sour cream	1/4 pound citron, cut in small pieces
2 cups sifted flour	1 slice candied pineapple, cut in
1/4 teaspoon salt	small pieces
1/4 teaspoon soda	5 egg whites
2 teaspoons baking powder	1 teaspoon vanilla

Cream the fat and sugar together and add the cream. Mix 1 cup of the flour with the nuts and fruit and sift the remaining cup of flour with the salt, soda, and baking powder. Combine these ingredients and mix well, fold in the well-beaten egg whites, and add the vanilla. Pour into a well-greased tube pan lined with greased paper, and bake in a very moderate oven (300 degrees F.) for 2 to 2-1/4 hours. When cold, wrap in waxed paper, store in a tin box, and keep a few weeks before serving.

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION
DECEMBER 15, 1937 (WEDNESDAY)

WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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SUCCESSFUL CANDY

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"Let's make candy"---that's the happy notion that strikes many a party crowd these days. Homemakers get the same idea when they make out their Christmas lists or are asked to contribute to charity bazaars. Youngsters think it's a fascinating after-school occupation.

Inspiration for candy-making is seldom lacking. But producing a creamy fudge or a chewy caramel is something else again. Many persons still cling to the belief that luck regulates the success of candy. They make it with hope in their hearts but are resigned to whatever kind of product fate may send them.

If luck played as great a part as some suppose, commercial candy making would be financially hazardous. But fortunately there are rules for candy making. Follow these and your chances for success are the same as they are in any other kind of cookery. Most of the rules concern the sugar in the mixture.

Candies vary considerably in texture. First there is the kind that has a definite crystalline formation. Then there is the non-crystalline kind. Candies in this latter group are the chewy or brittle ones.

Besides these two main kinds there are a number of candies in neither group. Egg whites in divinity and gelatin in marshmallows give these candies a special texture. Other candies in this miscellaneous group are popcorn balls, candied nuts, and candied fruit.

Fondant and fudge are typical crystalline candies. Make them correctly and you don't even know they have crystals. The candy is creamy and smooth and the crystals so tiny you can neither see them nor feel them on your tongue. To get this fine texture you must regulate crystallization of the sugar.

Ordinary sugar, sucrose, tends to form large crystals. Ingredients such as butter, cream, chocolate or milk interfere with the formation of large crystals and make the candy smooth.

Some candy recipes call for acids such as cream of tartar, lemon juice, or vinegar. These change part of the sucrose to invert sugar. Invert sugar does not crystalline readily and helps bring about the formation of smaller crystals in the candy.

Invert sugar is present in honey, brown sugar, molasses, and corn sirup. These ingredients in a mixture serve the same purpose as the addition of acid. The proportion of invert sugar must not become so great that it retards crystallization completely. Then candy is a waxy, sticky mass.

Stir the ingredients in crystalline candies until they are all dissolved. During the cooking it is better not to stir the mixture at all. In fondant, the crystals that form around the edge of the pan should be removed with a damp cloth. If they fall into the mixture each one forms a nucleus for the formation of crystals when the sirup cools.

As the candy mixture cooks the amount of liquid gradually lessens and the sugar becomes more concentrated. For all kinds of candy there is a definite concentration point when the mixture should be removed from the stove. If candy becomes too concentrated it will get very hard. And if candy doesn't reach the proper concentration point it will be runny.

The surest way to test concentration is to use a candy thermometer. As the sugar becomes more concentrated the temperature rises. Certain temperatures

represent definite degrees of concentration but these temperatures vary with altitude. Recipes usually give temperatures for sea level.

A simple method for correcting the candy temperature for altitude is to take the temperature of boiling water in the locality and add to this temperature the number of degrees above 212 degrees F. specified in the recipe. For instance, if the water boils at 208 degrees F. and the recipe calls for a temperature of 238 degrees F., the temperature to use would be 234 degrees F.

Another way to test the concentration of sirup or whether the candy is done is to put some of the sirup in cold water. Then you can judge by feeling whether it has reached the "soft ball", "hard ball", or the stiffer stages called for in the recipe. There is more chance for error by this method. Bot temperature of the water and your experience in candy-testing will affect its accuracy.

When a crystalline candy such as fudge reaches the concentration point called for in a recipe remove it from the fire and cool. When it cools to about lukewarm, beat it until the whole mixture has crystallized. The crystals will be large if you beat it while it's hot.

In non-crystalline candies such as butterscotch, caramels, and taffy large amounts of corn sirup or molasses are used in the mixture. These and proper handling prevent any crystals forming. You may stir these candies during cooking to keep the milk from scorching. But when the candy stops boiling, handle it as little as possible.

Most candy failures come from a lack of understanding of the nature of the various forms of sugar. Once you understand those you can cook and handle your candy accordingly. But here are a few other precautions you must take. Pick a dependable recipe and don't try to change it. The temperatures have been worked out for the ingredients in that recipe.

Get your materials ready ahead of time. Have a pan big enough to allow for boiling and thick enough not to scorch such ingredients as milk and chocolate. Obey all these rules and you can make topnotch candy.

Following is a recipe of a candy in the crystalline class:

Pralines

4 cups sugar	2 cups cream
1 teaspoon salt	3 cups pecan nut meats

Make a thin sirup with 3 cups of the sugar, the salt, and the cream. Melt the other cup of sugar slowly in a frying pan and stir constantly until caramelized. Into it pour all the sirup at one time, and stir constantly and rapidly. Boil the mixture without stirring to a temperature of 238 degrees F., or to the soft-ball stage. Pour into a flat pan and cool. Beat until it begins to be creamey, and add the nuts. Drop by spoonfuls onto waxed paper to form flat, round cakes.

Caramels are typical non-crystalline candies.

Caramels

2 cups sugar	4 tablespoons butter
1 cup corn sirup	1/2 teaspoon salt
3 cups milk	1 teaspoon vanilla

Dissolve the sugar and corn sirup in 1 cup of milk and cook to the soft-ball stage, or until a thermometer registers 241 degrees F., stirring frequently. Repeat with a second cup of milk. Add the final cup of milk, butter, and salt, and cook to firm-ball stage, or 244 degrees F. Add the vanilla and pour into an oiled pan. When partially cooked, mark into squares.

For chocolate caramels, add 4 squares of chipped chocolate at first.

Glaze Nuts and Fruits

2 cups sugar	1 cup water
1/3 teaspoon cream of tartar	

Put the ingredients in a saucepan over a hot fire. Stir constantly, but not after the sugar has dissolved. Let the sirup boil until it reaches a temperature of 310 degrees F. or until the sirup begins to discolor. Remove from the fire at once and check boiling by setting the saucepan in a pan of cold water. Remove from the cold water and set in a pan of hot water while dipping. Place nuts separately on long pins or steel skewers, or hold with a small pair of tweezers and dip in the sirup to cover. Fruits should be held while dipping with tweezers or a candy dipper. Place dipped nuts or fruits on a metal sheet to harden.

Candied, dried, or fresh fruits may be used for glaze fruits, such as candied cherries and pineapple, dates and figs, sections of oranges, tangerines, and kumquats. The fresh fruits must be dry and the skin unbroken when dipped.

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United States Department of Agriculture

RELEASE FOR PUBLICATION
DECEMBER 22, 1937 (WEDNESDAY)

WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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VITAMINS A AND D IN THE WINTER DIET

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The shortest days of the year are here. Since September 23 when days and nights were equal in length the days have gradually shortened, the nights become correspondingly longer. Not until March 21 will the days again be as long as the nights.

This "precession of the equinoxes" as the astronomers call it, has a definite tie-up with homemaking more important than the difficulty of getting the children up in the morning. During the days when the sun comes up late and sets early there may be a lack of two vitamins in the diet.

In wintertime the sunlight is less rich in ultraviolet rays than in the summertime. These rays are the ones that change a substance in the skin into vitamin D. And this vitamin is especially important in the diets of children and expectant mothers.

There also may be a lack of vitamin A. The summer season of warmth and sunshine is gardening time. Then fresh green and yellow vegetables are most abundant, least expensive. If these excellent sources of vitamin A are not used so freely in the wintertime other sources must be provided.

Naturally there should be a constant year-round supply of these two nutrients. But if you haven't thought of it for a while this midway mark in the season of short days is a good time to check winter diets.

First for vitamin D. The ultraviolet rays of the sun have the power to change a substance, ergosterol, in the skin to vitamin D. During the winter months the sunlight is less rich in these rays. And also during the winter human beings get less sunlight. They are out of doors less with less skin surface exposed.

In tropical regions children usually get enough vitamin D even from the first of their lives. But farther north it is necessary to supply most children with an additional source as a safeguard to health.

Vitamin D is necessary in the proper building of teeth and bones. For these the diet also must provide sufficient amounts of phosphorus and calcium. The vitamin D enables the body to utilize these minerals—to "mobilize the phosphorus" and "deposit the calcium".

A severe lack of vitamin D will cause rickets in a child or stunt his growth. Rickets is a disease that occurs most often during his first two years but the results may last through life. In rickets bones become deformed, muscles are weak and flabby. Bowlegs and "pigeon breasts" are two of the most common results. A slight lack of vitamin D may not become apparent until later in life when it shows up in poor teeth or in other ways.

To safeguard against these deficiency diseases child specialists advise cod-liver oil as a source of vitamin D the year round for children under two. Infants are first given a small amount when they are about two weeks to a month old. During the first three months this amount is gradually increased until the baby may be getting two or three teaspoons a day. This amount is continued at least throughout the first two years.

Many children above two need cod-liver oil during the winter months. Normally they get enough sunshine in the summertime to supply them with vitamin D.

Pediatricians advise from one to three teaspoons a day for children, depending upon the section of the country in which they live and the potency of the cod-liver oil. This of course must supplement a well-balanced diet.

Physicians may advise cod-liver oil the year round for children on restricted diets or for those who do not get enough sunshine even in summertime. This is often the case in cities where the air is filled with smoke or where children must play in the shadow of tall buildings or in narrow alleys. The ultraviolet rays of the sun cannot penetrate smoke-filled air or ordinary window glass.

Cod-liver oil must be given regularly every day. When the daily quota is 3 teaspoons a day this may be given a teaspoon at a time after each meal. Or two teaspoons per day may be apportioned one teaspoon after breakfast, the other after the evening meal.

Adults seldom have a diet deficient in vitamin D as far as is known. Probably they get enough from exposure to the sun and what is present in foods. Egg yolks, salmon, sardines, eggs, and butter are sources of vitamin D.

Cod-liver oil also contains another vitamin necessary to the growth and well being of the child—vitamin A. Some foods contain vitamin A itself, but the body is able to manufacture this vitamin from certain yellow pigments found in plant and animal foods. The liver acts as the chemical laboratory where this change takes place.

In childhood, vitamin A is necessary for normal growth. Throughout life we need vitamin A to keep the eyes, the linings of ears, nose, throat, and kidneys in normal condition. The amount of vitamin A an adult needs depends upon his weight. As the amount of food he needs also depends upon his weight he may be reasonably sure of securing enough vitamin A if he eats a well-balanced diet. Because children are growing, they should get as much or more vitamin A than the adult although they are smaller.

Expectant and nursing mothers need generous amounts of vitamin A and those who are recovering from disease also need more to build up the reserve supply that is normally present in the liver.

Persons trying to reduce body weight or those who have a limited amount of money to spend for food should be sure to include foods that will supply sufficient vitamin A.

Egg yolk, cream, butter, cheese, liver, and fish oils are excellent sources of vitamin A. Vegetables and fruits contain substances that the body makes over into this vitamin. In most cities the fresh vegetables that are excellent sources of it are available during the winter.

These excellent sources are the green vegetables such as spinach, lettuce and broccoli. Other excellent sources are carrots, sweetpotatoes, yellow squash, red tomatoes and peppers. Apricots, prunes, and yellow peaches are excellent sources even when they are dried.

In ordinary cooking, no large amounts of vitamin A are lost. Canned fruits and vegetables may be safely used in place of the fresh ones, when these cannot be obtained.

By making use of the sources of vitamins A and D mentioned above you should be able to supply these family needs adequately in the diet. Of course, with the exception of sunshine for vitamin D the best and most economical way to get either one is by eating foods that contain them.

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION
DECEMBER 29, 1937 (WEDNESDAY)

WASHINGTON, D. C.
BUREAU OF HOME ECONOMICS

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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MIXED GRILL IS FLAVORSOME -- EASY TO PREPARE

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Holiday meals are traditionally rich and elaborate. Cooks work overtime preparing stuffed birds, rich fruit cakes, and other well-seasoned delicacies. And when this tempting array is set before ordinary human beings they inevitably overeat.

As a result many a homemaker finds it increasingly hard to interest her family in food as the holidays progress. Or she has to serve a company dinner to a group that is literally "fed up". At such times both the cook and the guests will welcome a meal that is simple, flavorsome, and easy to prepare.

One basis for such a meal is a mixed grill. This is a glorified version of plain broiled meat. In it are combined several kinds of meat and vegetables or fruit. All these are served sizzlingly hot. This with a salad bowl and a dessert makes a well-balanced and appetizing meal.

Restaurants that have a mixed grill on their bills of fare have found that it is perennially popular. And hostesses report that guests welcome it especially on chilly nights when piping hot food tastes best.

Any woman who has the facilities for cooking can make a mixed grill. She can grill the meat over live coals. Or she can broil the meat, vegetables, and fruits under a gas flame, an electric element, or in a pan on top of the stove.

Which of these methods she uses will depend upon her own preferences, and the number to be served. If she is serving only a small number probably she can cook several kinds of meat and the accompanying fruit or vegetables all on the grill below her oven. But if she doesn't have such a grill or if she wants to prepare food for a larger number she'll want to cook all or part of it on top of the stove in one or more pans.

The most important item in a mixed grill is meat. Each person to be served should get small portions of two or three kinds. Meat to be broiled is limited to tender cuts, and less tender meats ground up.

Chops, tender steak, liver, veal or lamb kidney, and ham and bacon are tender meats suitable for broiling. Cakes of ground hamburg steak may be broiled just like tender meat. Or spread a layer of seasoned hamburg over toast, top with butter, put on the rack of a broiler, and cook until done. Sardines and precooked sweetbreads are good broiled on toast. Small sausages appear often in mixed grill combinations, and like all pork should be cooked thoroughly.

Among vegetables popular in mixed grill are mushrooms, halves of tomatoes, and potatoes. Both sweetpotatoes and white potatoes are cooked, then sliced and browned on both sides. Stuffed baked potatoes also fit in well with a mixed grill.

Banana and apple slices, halves of canned peaches and apricots, and pineapple are a few of the fruits that may be included.

Planning a mixed grill combination is similar to planning any other kind of a meal. You must consider the color scheme, what foods go well together, and be sure to include the different foodstuffs that make a meal well-balanced. But in a mixed grill the planning must go a step further.

All the meats, vegetables, and fruits must be done at the same time and served piping hot. So you have to space them as they are put on to cook. Meat

broiled to the right stage of doneness should be served immediately and not have to wait for a tardy potato to brown.

One of the best things about the mixed grill is its simplicity. That holds true in the serving as well. For a large number the best way to serve is to apportion each person his share on a warm plate in the kitchen.

In broiling you can get a delicious meat flavor that can't be obtained by any other method of meat cookery. It's a quick method and a simple one but there are rules to it that make all the difference between a perfectly turned out chop and the charred remains of a once promising piece of meat.

Not so many years ago many persons had the idea that broiling consisted of subjecting a piece of meat to a very high temperature until it was charred on the outside. All experiments in broiling meat have shown this is exactly the opposite from the proper procedure.

Broiled meat may be started at a high temperature. But as soon as the meat is browned on both sides the temperature should be lowered and the meat finished at a moderate heat. Thus by browning you develop the meat flavor and by the moderate heat you keep the juices that you would lose with excessively high temperatures.

During broiling turn the meat over frequently. Baste it occasionally with fat that has melted from it. If you are pan broiling on top of a stove, pour off excess fat occasionally so that meat will not fry in its own fat.

To broil by direct heat grease the founds of a rack, lay the steak on it, and place over live coals or under an electric grill or the flames of a gas oven. If possible have the steak two or three inches from the gas flame.

Pan broiling is similar. Use a lightly greased sizzling hot skillet to sear the meat, then reduce temperature for the rest of the cooking. Do not cover the pan or add water. A thick broiled steak after searing may be finished in a moderate oven. Slip a rack under the steak in the skillet and the meat will cook evenly without being turned.

Liver and other meats that contain little fat should be cooked at moderate temperature throughout. Baste these occasionally with a little melted butter or other fat.

Hamburg cakes are good broiled and served on onion rings that have been cooked tender in a covered pan. The cakes are equally delicious pan broiled or placed in a baking dish and cooked under direct heat.

One of the most important points in broiling is knowing when to quit. Tastes differ as to the best stage of doneness for lamb chops or beef steaks. But if you want steak done to the rare stage, that pink perfection, take it off and serve before it cooks to an overdone gray. Of course, pork is always cooked to the well-done stage.

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